

# Base Menu Spreadsheet

## Weighted Values

Sep 1, 2021 thru Sep 30, 2021

**Menu Name:** Middle Lunch Menu

**Include Cost:** No

**Site:**

**Report Style:** Detailed

### Wednesday - 09/01/2021

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Carb (g)
900508 CHICKEN BITES, WG BRD (8)	8 EACH	1	480	28.00
001014 PB & J, wrapped WG (2)	2 Sandwich	1	600	68.00
000243 Dip Sauce, ss/hm/bbq, NK243	1 Serving	1	33	7.26
900726 Potatoes, Mashed	1/2 cup	1	90	17.00
900607 Green Beans, cnd 1/2 Cup K607	1/2 cup	1	25	6.00
000249 Fruit, assorted (1/2 C) NK249	1/2 Cup	1	67	16.20
000230 Milk, plain, 1% fat, Purity	8 oz. Carton	1	110	13.00
000591 Milk, 1% fat choc., Purity	8 oz. Carton	1	154	23.49
Weighted Daily Average			1559	178.95
% of Calories				45.9%
Weekly Nutrient Guideline			600 - 700	

### Thursday - 09/02/2021

### Reimbursable Meal Total 1

# Base Menu Spreadsheet

## Weighted Values

Sep 1, 2021 thru Sep 30, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Carb (g)
900883 Pizza Cruncher	4 oz	1	420	41.00
001014 PB & J, wrapped WG (2)	2 Sandwich	1	600	68.00
900561 Corn, WK FRZ	1/2 cup	1	93	21.35
000738 Tossed Salad (1 Cup)	1 Serving	1	126	11.63
000249 Fruit, assorted (1/2 C) NK249	1/2 Cup	1	67	16.20
000591 Milk, 1% fat choc., Purity	8 oz. Carton	1	154	23.49
000230 Milk, plain, 1% fat, Purity	8 oz. Carton	1	110	13.00
Weighted Daily Average			1570	194.66
% of Calories				49.6%
Weekly Nutrient Guideline			600 - 700	

**Tuesday - 09/07/2021**

**Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Carb (g)
000108 BBQ Pork Sandwich-USDA-NK108	4 oz. Serving	1	347	29.37
000716 Yogurt Parfait (PreK-8)	1 Parfait	1	432	90.05
001014 PB & J, wrapped WG (2)	2 Sandwich	1	600	68.00
900728 Potatoes, Sweet, Cut, Canned	1/2 cup	1	102	24.59
900284 Mixed Vegetables NK900284 USDA	1/2 Cup	1	59	11.91
000249 Fruit, assorted (1/2	1/2 Cup	1	67	16.20

# Base Menu Spreadsheet

## Weighted Values

C) NK249				
000591 Milk, 1% fat choc., Purity	8 oz. Carton	1	154	23.49
000230 Milk, plain, 1% fat, Purity	8 oz. Carton	1	110	13.00
Weighted Daily Average			1871	276.61
% of Calories				59.1%
Weekly Nutrient Guideline			600 - 700	

### Wednesday - 09/08/2021

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Carb (g)
000118 Spaghetti, baked-NK118	1 Cup	1	548	48.02
001014 PB & J, wrapped WG (2)	2 Sandwich	1	600	68.00
900607 Green Beans, cnd 1/2 Cup K607	1/2 cup	1	25	6.00
000173 Garlic Toast WG (1) - NK173	1 Slice	1	160	5.00
000249 Fruit, assorted (1/2 C) NK249	1/2 Cup	1	67	16.20
000214 Carnival Cookie - NK214	1 Cookie	1	100	17.00
000591 Milk, 1% fat choc., Purity	8 oz. Carton	1	154	23.49
000230 Milk, plain, 1% fat, Purity	8 oz. Carton	1	110	13.00
Weighted Daily Average			1764	196.71
% of Calories				44.6%
Weekly Nutrient Guideline			600 - 700	

# Base Menu Spreadsheet

## Weighted Values

Sep 1, 2021 thru Sep 30, 2021

### Thursday - 09/09/2021

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Carb (g)
000688 Hot Dog Bun, White Wheat	1 Hotdog	1	132	23.68
900615 Hot Dog, beef, no bun	hot dog	1	180	1.00
000716 Yogurt Parfait (PreK-8)	1 Parfait	1	432	90.05
001014 PB & J, wrapped WG (2)	2 Sandwich	1	600	68.00
000016 Baked Beans	1/2 Cup	1	160	37.40
000406 Pasta Salad 3/4 C-NK406	3/4 CUP	1	136	22.22
000249 Fruit, assorted (1/2 C) NK249	1/2 Cup	1	67	16.20
000230 Milk, plain, 1% fat, Purity	8 oz. Carton	1	110	13.00
000591 Milk, 1% fat choc., Purity	8 oz. Carton	1	154	23.49
Weighted Daily Average			1971	295.04
% of Calories				59.9%
Weekly Nutrient Guideline			600 - 700	

### Friday - 09/10/2021

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Carb (g)
900884 Pepperoni Calzone	1 calzone	1	270	33.00
001014 PB & J, wrapped WG (2)	2 Sandwich	1	600	68.00

# Base Menu Spreadsheet

## Weighted Values

000544 Yogurt Parfait (9-12) NK544	serving	1	555	111.56
900561 Corn, WK FRZ	1/2 cup	1	93	21.35
000738 Tossed Salad (1 Cup)	1 Serving	1	126	11.63
000249 Fruit, assorted (1/2 C) NK249	1/2 Cup	1	67	16.20
000591 Milk, 1% fat choc., Purity	8 oz. Carton	1	154	23.49
000230 Milk, plain, 1% fat, Purity	8 oz. Carton	1	110	13.00
Weighted Daily Average			1975	298.22
% of Calories				60.4%
Weekly Nutrient Guideline			600 - 700	

### Monday - 09/13/2021

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Carb (g)
000859 Ham & Cheese Croissant 7-12	Sandwich	1	572	58.07
001076 Turkey/Cheese Croissant, NK1076	1 Sandwich	1	269	23.76
000716 Yogurt Parfait (PreK-8)	1 Parfait	1	432	90.05
001014 PB & J, wrapped WG (2)	2 Sandwich	1	600	68.00
900545 Chips, Doritos Nacho Cheese	1 Bag	1	130	20.00
900607 Green Beans, cnd 1/2 Cup K607	1/2 cup	1	25	6.00
000249 Fruit, assorted (1/2 C) NK249	1/2 Cup	1	67	16.20
000591 Milk, 1% fat choc.,	8 oz. Carton	1	154	23.49

# Base Menu Spreadsheet

## Weighted Values

Purity				
000230 Milk, plain, 1% fat, Purity	8 oz. Carton	1	110	13.00
Weighted Daily Average			2359	318.57
% of Calories				54.0%
Weekly Nutrient Guideline			600 - 700	

### Tuesday - 09/14/2021

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Carb (g)
900126 Chicken Quesadilla - Purchased	1 Quesadilla	1	299	31.93
000716 Yogurt Parfait (PreK-8)	1 Parfait	1	432	90.05
900451 Beans, Pinto	1/2 cup	1	90	16.00
000081 Salsa, canned	1/4 Cup	1	21	4.26
000249 Fruit, assorted (1/2 C) NK249	1/2 Cup	1	67	16.20
000591 Milk, 1% fat choc., Purity	8 oz. Carton	1	154	23.49
000230 Milk, plain, 1% fat, Purity	8 oz. Carton	1	110	13.00
Weighted Daily Average			1173	194.93
% of Calories				66.5%
Weekly Nutrient Guideline			600 - 700	

### Wednesday - 09/15/2021

### Reimbursable Meal Total 4500

# Base Menu Spreadsheet

## Weighted Values

Sep 1, 2021 thru Sep 30, 2021

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Carb (g)
900460 Beef, Patty Salisbury	patty	1	0	0.00
001014 PB & J, wrapped WG (2)	2 Sandwich	500	67	7.56
900479 Broccoli Florets, stmd	1/2 Cup	1	0	0.00
900272 Potatoes, mashed - NK900272	1/2 CUP	2000	33	6.62
900073 Gravy Mix, Brown, 2 Tbsp	2 Tbsp.	1000	15	1.95
900064 WW Roll 2oz NK900064 Item14018	2 oz. Roll	2000	76	12.89
000249 Fruit, assorted (1/2 C) NK249	1/2 Cup	2000	30	7.20
000230 Milk, plain, 1% fat, Purity	8 oz. Carton	1500	37	4.33
000591 Milk, 1% fat choc., Purity	8 oz. Carton	2500	85	13.05
<b>Weighted Daily Average</b>			<b>342</b>	<b>53.60</b>
% of Calories				62.7%
<b>Weekly Nutrient Guideline</b>			<b>600 - 700</b>	

**Thursday - 09/16/2021**

**Reimbursable Meal Total 4501**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Carb (g)
000984 Pasta Alfredo - NK124	1 Cup	2500	188	25.21
000985 Chicken strips, USDA seasoned	2 oz. Servings	1000	16	0.13
001014 PB & J, wrapped WG (2)	2 Sandwich	1	0	0.02
000206 Green Peas, frz.,	1/2 Cup Frz.	1	0	0.00

# Base Menu Spreadsheet

## Weighted Values

1/2C - NK206				
000249 Fruit, assorted (1/2 C) NK249	1/2 Cup	1	0	0.00
000591 Milk, 1% fat choc., Purity	8 oz. Carton	1500	51	7.83
000230 Milk, plain, 1% fat, Purity	8 oz. Carton	2500	61	7.22
000215 Cookie, choc. chip + 1 other	1 Cookie	3000	75	12.00
<b>Weighted Daily Average</b>			<b>392</b>	<b>52.41</b>
<b>% of Calories</b>				<b>53.5%</b>
<b>Weekly Nutrient Guideline</b>			<b>600 - 700</b>	

### Friday - 09/17/2021

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Carb (g)
000585 Hamburger Bun, WW	Bun	1	163	29.37
000941 Hamburger Patty, all beef	1 Burger	1	354	30.07
000716 Yogurt Parfait (PreK-8)	1 Parfait	1	432	90.05
900098 Cheese Slices (2) - NK900098	1 Slice	1	111	1.01
001014 PB & J, wrapped WG (2)	2 Sandwich	1	600	68.00
900389 Sweet Potato Fries	1/2 Cup	1	100	16.00
900260 Lettuce and Tomato	Portion	1	8	1.55
000249 Fruit, assorted (1/2 C) NK249	1/2 Cup	1	67	16.20
000591 Milk, 1% fat choc., Purity	8 oz. Carton	1	154	23.49



# Base Menu Spreadsheet

## Weighted Values

000230 Milk, plain, 1% fat, Purity	8 oz. Carton	1	110	13.00
Weighted Daily Average			2099	288.74
% of Calories				55.0%
Weekly Nutrient Guideline			600 - 700	

### Monday - 09/20/2021

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Carb (g)
900557 Corn Dog, Chicken	1 each	1	240	30.00
000716 Yogurt Parfait (PreK-8)	1 Parfait	1	432	90.05
001014 PB & J, wrapped WG (2)	2 Sandwich	1	600	68.00
000275 Macaroni and Cheese - NK275	2/3 CUP	1	336	17.60
000065 Carrots w/ Dip - NK065 (9-12)	1 Serving	1	157	13.44
000249 Fruit, assorted (1/2 C) NK249	1/2 Cup	1	67	16.20
000591 Milk, 1% fat choc., Purity	8 oz. Carton	1	154	23.49
000230 Milk, plain, 1% fat, Purity	8 oz. Carton	1	110	13.00
Weighted Daily Average			2096	271.78
% of Calories				51.9%
Weekly Nutrient Guideline			600 - 700	

### Tuesday - 09/21/2021

### Reimbursable Meal Total 1

# Base Menu Spreadsheet

## Weighted Values

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Carb (g)
900099 Cheese Sticks, brd (2)	2 Sticks	1	330	32.00
000716 Yogurt Parfait (PreK-8)	1 Parfait	1	432	90.05
001014 PB & J, wrapped WG (2)	2 Sandwich	1	600	68.00
000866 Potato Wedges, seasoned NK866	1/2 Cup	1	115	23.75
900607 Green Beans, cnd 1/2 Cup K607	1/2 cup	1	25	6.00
000249 Fruit, assorted (1/2 C) NK249	1/2 Cup	1	67	16.20
000230 Milk, plain, 1% fat, Purity	8 oz. Carton	1	110	13.00
000591 Milk, 1% fat choc., Purity	8 oz. Carton	1	154	23.49
000019 Brownie, whole grain, wrapped	1 Brownie	1	124	21.99
<b>Weighted Daily Average</b>			<b>1957</b>	<b>294.49</b>
% of Calories				60.2%
<b>Weekly Nutrient Guideline</b>			<b>600 - 700</b>	

**Wednesday - 09/22/2021**

**Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Carb (g)
900524 Chicken, Patty brd whole muscl	patty	1	220	17.00
000786 Chicken Patty, spicy NK786	1 Patty	1	225	1.96
000585 Hamburger Bun, WW	Bun	1	163	29.37
001014 PB & J, wrapped	2 Sandwich	1	600	68.00

# Base Menu Spreadsheet

## Weighted Values

WG (2)				
900590 Fries, French 3/8" crkl cut	1/2 cup	1	80	14.89
000549 Carrots w/ Dip - NK065 (K-8)	1/2 Cup	1	25	5.84
000249 Fruit, assorted (1/2 C) NK249	1/2 Cup	1	67	16.20
000230 Milk, plain, 1% fat, Purity	8 oz. Carton	1	110	13.00
000591 Milk, 1% fat choc., Purity	8 oz. Carton	1	154	23.49
<b>Weighted Daily Average</b>			<b>1644</b>	<b>189.75</b>
% of Calories				46.2%
<b>Weekly Nutrient Guideline</b>			<b>600 - 700</b>	

**Thursday - 09/23/2021**

**Reimbursable Meal Total 1**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Carb (g)
000305 Nachos w/ Beef NK305	1 Serving	1	208	0.68
000716 Yogurt Parfait (PreK-8)	1 Parfait	1	432	90.05
900455 Beans, Refried, Vegetarian	1/2 cup	1	115	18.27
000677 Lettuce/Tomato/Salsa	1 Portion	1	24	5.07
001016 Cheese, Shrd. Chedd USDA	1 ounce	1	115	0.36
000249 Fruit, assorted (1/2 C) NK249	1/2 Cup	1	67	16.20
000591 Milk, 1% fat choc., Purity	8 oz. Carton	1	154	23.49

# Base Menu Spreadsheet

## Weighted Values

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Carb (g)
000230 Milk, plain, 1% fat, Purity	8 oz. Carton	1	110	13.00
Weighted Daily Average			1226	167.12
% of Calories				54.5%
Weekly Nutrient Guideline			600 - 700	

### Friday - 09/24/2021

### Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Carb (g)
000475 Sweet & Sour Chicken - NK475	2 oz. Serving	1	497	29.59
000917 Asian Fried Rice - PRK	1/2 Cup	1	66	12.51
900479 Broccoli Florets, stmd	1/2 Cup	1	19	3.84
000249 Fruit, assorted (1/2 C) NK249	1/2 Cup	1	67	16.20
000591 Milk, 1% fat choc., Purity	8 oz. Carton	1	154	23.49
000230 Milk, plain, 1% fat, Purity	8 oz. Carton	1	110	13.00
Weighted Daily Average			913	98.64
% of Calories				43.2%
Weekly Nutrient Guideline			600 - 700	

### Monday - 09/27/2021

### Reimbursable Meal Total 1

# Base Menu Spreadsheet

## Weighted Values

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Carb (g)
000775 BBQ Chicken Sand-USDA-NK775	EACH	1	292	34.17
900591 French Fries-straight NK900591	1 Serving-16 pc	1	110	16.00
900479 Broccoli Florets, stmd	1/2 Cup	1	19	3.84
000249 Fruit, assorted (1/2 C) NK249	1/2 Cup	1	67	16.20
000209 Chocolate Chip Cookie-NK209	1 Cookie	1	100	17.00
000591 Milk, 1% fat choc., Purity	8 oz. Carton	1	154	23.49
000230 Milk, plain, 1% fat, Purity	8 oz. Carton	1	110	13.00
Weighted Daily Average			852	123.70
% of Calories				58.1%
Weekly Nutrient Guideline			600 - 700	

**Tuesday - 09/28/2021**

**Reimbursable Meal Total 2**

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Carb (g)
000398 Wings, chicken hot (K-12)	5 Wings	1	135	0.85
001014 PB & J, wrapped WG (2)	2 Sandwich	1	300	34.00
900593 Fries, Sweet Potato	serving	1	50	8.00
000266 Celery Sticks w/ dip - NK266	1 Serving	1	38	3.00
900742 Roll, Whole Wheat, 2 oz	each	1	85	14.50
000249 Fruit, assorted (1/2	1/2 Cup	1	33	8.10

# Base Menu Spreadsheet

## Weighted Values

C) NK249				
000230 Milk, plain, 1% fat, Purity	8 oz. Carton	1	55	6.50
000591 Milk, 1% fat choc., Purity	8 oz. Carton	1	77	11.75
Weighted Daily Average			774	86.69
% of Calories				44.8%
Weekly Nutrient Guideline			600 - 700	

## Wednesday - 09/29/2021

## Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Carb (g)
900508 CHICKEN BITES, WG BRD (8)	8 EACH	1	480	28.00
001014 PB & J, wrapped WG (2)	2 Sandwich	1	600	68.00
000243 Dip Sauce, ss/hm/bbq, NK243	1 Serving	1	33	7.26
900726 Potatoes, Mashed	1/2 cup	1	90	17.00
900479 Broccoli Florets, stmd	1/2 Cup	1	19	3.84
000249 Fruit, assorted (1/2 C) NK249	1/2 Cup	1	67	16.20
000230 Milk, plain, 1% fat, Purity	8 oz. Carton	1	110	13.00
000591 Milk, 1% fat choc., Purity	8 oz. Carton	1	154	23.49
Weighted Daily Average			1553	176.79
% of Calories				45.5%
Weekly Nutrient Guideline			600 - 700	

# Base Menu Spreadsheet

## Weighted Values

Sep 1, 2021 thru Sep 30, 2021

Thursday - 09/30/2021

Reimbursable Meal Total 1

	Portion Size	Reimb Qty	Cals <sup>1</sup> (kcal)	Carb (g)
900883 Pizza Cruncher	4 oz	1	420	41.00
001014 PB & J, wrapped WG (2)	2 Sandwich	1	600	68.00
900561 Corn, WK FRZ	1/2 cup	1	93	21.35
000738 Tossed Salad (1 Cup)	1 Serving	1	126	11.63
000249 Fruit, assorted (1/2 C) NK249	1/2 Cup	1	67	16.20
000591 Milk, 1% fat choc., Purity	8 oz. Carton	1	154	23.49
000230 Milk, plain, 1% fat, Purity	8 oz. Carton	1	110	13.00
Weighted Daily Average			1570	194.66
% of Calories				49.6%
Weekly Nutrient Guideline			600 - 700	

	Cals <sup>1</sup> (kcal)	Carb (g)
Weighted Averages	1483	197.60
% of Calories		53.3%

*\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient*

*\* - denotes combined nutrient totals with either missing or incomplete nutrient data*

*<sup>1</sup> - denotes required nutrient values*

*<sup>2</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.*

**NOTICE: The data contained within this report and the Mosaic® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.**